



Kahibah Public School

Positive Relationships for Positive Learning.

29th November, 2016

Web Page: www.kahibah-p.schools.nsw.edu.au

Phone: 4943 4501

STUDENT WEEKLY PROGRAM.....

Classes Begin - 9am and finish 3pm

Monday - Assembly @ 2.00pm fortnightly

Wednesday - Student Banking

Wednesday - Drum Lessons

Thursday - Music Lessons

Friday - Band & Music Lessons

Friday - School Sport

Canteen - open Fridays

Uniform Shop - open 8.35 - 9am Friday

WHAT'S COMING UP.....

- ◆ Friday, 2nd Dec—Stage 3 Strength
- ◆ Monday, 5th Dec- Yr 6 Farewell @ 6pm
- ◆ Friday, 9th Dec - Presentation Day Assembly @ 10am
- ◆ Wednesday 14th Dec—Stage 2 Party Day—Charlestown Hoyts Cinema
- ◆ Wednesday 14th Dec—Stage 3 Party Day—Springloaded

Principal's Report Quality Work

5/6C sculpted witches heads from apples for their art projects which were then assembled onto witches bodies flying on broomsticks. Students perfected their carving skills to create facial characteristics which distorted over time as the apples shrunk. The result was appropriately eerie for their Halloween themed art. Disgustingly well done!

In relation to their novel study, 3/4A created books in a box/bag based on *Tales of a Fourth Grade Nothing* by Judy Blume. Each box/bag contains items of significance from the story that the students selected; then provided an explanation of each item; and wrote a retell summary of the novel. Great work Noa P, Imogen M, Rosie N, Luke D and Jet H who promptly submitted their work.

Students in 2D have been making colourful aboriginal season wheels; January & February are the dry season; March is the eel season; April through to July is wombat season; August is orchid season; September & October are tadpole season; and November & December are kangaroo apple season. Well done to Claire A, Jett C, Alirah N, Carter D, Noah F, Mia T, Peta W, and Evelyn S for their wonderful pieces of work!

Isabella F from 2D presented an impressive argument to her class about *All children should do what they're told*. The structure of her persuasive text was coherent and she concluded that the benefits for children included feeling proud, keeping safe, and having a happier life. Terrific work, Isabella!

Quality Behaviour

The following students have been recognised by a teacher for;

Commitment to learning 100% of sight words – Lenny C & Myles N-A

Negotiating with others in the playground to ensure that others have a great time – Mia T

Working exceptionally hard to complete work and using lovely manners – Riley N

Wonderful effort, enthusiasm and commitment to poetry writing – Luca B, Tarryn G, Matthew H, Annika H, Jonah L-B, Ella P, Holly R & Sophia R

Demonstrating care for others – Bryce N

Sporting Achievements

Makenzie W from 5/6C and Bella M from 5/6F recently competed in the World Cup Cheer & Dance Nationals in Wollongong as part of the Prestige team, placing 5th overall. Terrific result, girls!

Congratulations to William V from 5/6C who has been selected to play for Macquarie Football Academy and Harry D from 5/6F who was chosen for Adamstown Rosebuds Newcastle Premier League under 13's. Notable achievements for both boys; Well done!

Amy A, Ella R, Emma W and Wade F were a part of teams that competed in the Country Championships Waterpolo on the weekend in the U14s girls' and boys' team respectively. These students had only signed up in recent months for this competitive sport which requires strength and stamina, and as such this was the first time they competed at such a level. Well played to both the girls' and boys' team with Ella being named Most Valued Player (MVP).

Mrs Tripet's Retirement

Thank you to the staff and P&C volunteers who made Mrs Sue Tripet's last day a memorable one. Thank you also to the families who were able to come along and wish her well as she begins this new chapter in her life. Thank you to Mrs Filipo and her team of teachers who organised such a moving event and the P&C for providing the special cake.

Staffing Update

Our team of School Learning and Support Officers (SLSOs), aka Teacher's Aides, has changed over time. We have Mrs Tracey Hibberd, Mrs Judy Mathieson and we welcome Mrs Ursula Coutts to the team. These staff members work tirelessly across the school to support students and staff to meet the individual learning and medical needs of the students. Thank you for all that you do!

Year 6 Canberra Excursion

Congratulations to all our stage 3 students who attended the Canberra excursion for their exemplary behaviour. From photos at the mint, to thoughtful moments at the War Memorial, to intriguing discoveries at Questacon, many memories were created that will hopefully last a lifetime. The school received positive feedback expressing praise for our Year 5 & 6 students – lovely to hear! A special thank you to Miss Connolly, Mrs Bruce, Mrs Filipo, Mrs Callen, Mr Gorton and Mr Davies for generously giving of their time to supervise the students on this educational and exciting excursion.

2017 School Leadership Team

Recently each nominated Yr 5 candidate delivered their speech in an effort to persuade voters that they are the ideal candidate for a position on the 2017 Kahibah Public School Leadership Team. The student body and staff then voted by ballot paper after the assembly. The successful candidates will be introduced to the school community on Friday 9th December at the 2016 Presentation Day assembly, from 10am in the school hall.

Year 6 Farewell

Thank you to the Year 6 Farewell committee who have been planning this special occasion for Monday 5th December. Parents and carers of year 6 students are invited to join their children in the school hall from 6pm for the speeches, presentations and the cutting of the cake.

Parent Helper Thank You Breakfast

The staff of Kahibah Public School are hosting a Thankyou Breakfast on Tuesday 13th December from 8:15am, in the library, for the many parent and community volunteers that contribute to the educational experiences of the students. Thank you to everyone that contributes in so many ways, which makes Kahibah PS the wonderful school that it is. We hope you can join us!

KidsMatter

Children & Bullying

Please refer to the two page information sheets contained within this week's newsletter.

This information is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au

Congratulations

Jayden H has a new baby sister. Chloe was born a couple of weeks ago.

Mrs Honi Faasisila
Kahibah Public School
Principal

Year 5/6 Boys Strength Program

A reminder that all year 5/6 boys are invited to participate in the Strength Program on Friday 2 December. This program targets emotional health and self-esteem and aims to:

1. Build confidence and understanding of intrinsic value.
2. Develop decision making and problem solving skills.
3. Build understanding of the positive influence each person can make in their world.
4. Identify personal desires and strengths to motivate students to set and achieve personal goals.

Please ensure permission notes and \$10 payment are returned to the office by **Wednesday, 30th November**.

IMPORTANT MESSAGE REGARDING MEDICATION

Kahibah Public School follows the Department of Education (DoE) policy on medication in schools.

Unless a medication is prescribed by a doctor, or is listed as part of an action plan (for example an Asthma, Epilepsy, Allergy, or Anaphylaxis plan) signed by your specialist or GP, the staff at Kahibah Public School are not allowed to give it to the students. This includes non-prescribed medications such as antihistamine, paracetamol and ibuprofen that are bought over the counter at the pharmacy or the supermarket. Complementary medicines such as herbal remedies can not be administered by staff. All medications supplied to the school must be in their original packaging and have a pharmacy label which states the child's name and the dosage. Webster Packs should be used whenever possible.

The DEC policy on medication is available on our website or through the link:-

<http://www.schools.nsw.edu.au/studentsupport/studenthealth/individualstud/adminmedicine/>

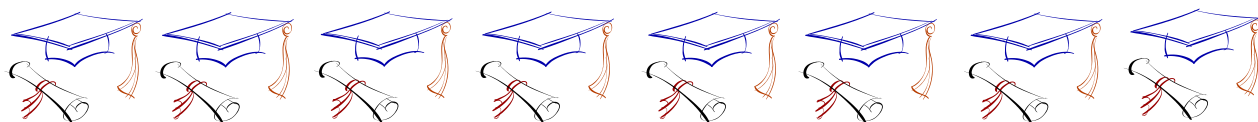
Kahibah Public School has examples of plans from doctors that cater for prescription and over the counter medications. If you are unsure or would like to discuss the use of medications during school time please contact the office.

Chaplaincy Update

Our 3 week, interactive 123-Magic parent course is now complete. Skills discussed in the course included circles of security, child development and an easy to implement behaviour management signalling system. We trust the Kahibah parents who attended found it to be an informative and useful course. Kahibah would like to continue to offer useful courses for families and students. If you have ideas on types of courses or information sessions you would like in 2017, please contact me at the school office.

It has been a pleasure and joy to work with the Kahibah Public School community this year. Wishing every family a safe and refreshing Christmas season.

Kate Rigby
School Chaplain
Kahibah Public School



KAHIBAH PUBLIC SCHOOL ANNUAL PRESENTATION DAY ASSEMBLY

All members of the Kahibah PS community are invited to attend the Annual Presentation Day Assembly at 10am on Friday 9th December, to join us as we celebrate all the 2016 academic, sporting and cultural achievements of the students at Kahibah Public School.

NOTES IN CIRCULATION....

- ⇒ Strength Program—Stage 3 Boys
- ⇒ Stage 2 Party Day—Charlestown Hoyts—notes & money returned by 1st Dec
- ⇒ Stage 3 Party Day—Springloaded—notes & money returned by 9th Dec
- ⇒ Presentation Day Assembly invite & helpers note

Kahibah PS Canteen Roster - Term 4, 2016

ALL HELPERS REQUIRED BETWEEN 8.35* to 11AM

*If you can not start until 9am due to child drop-off that's OK, just let Dee know so other helpers can be advised.

1 helper can finish at 11am / 2nd can finish after lunch service at 11.50am / minimum of 2 required until close

If not indicated below it can be determined on the day who would like to finish early as needed

Friday 2nd December	Friday 9th December	Friday 16th December	SCHOOL HOLIDAYS
Mel Egan	NO LUNCH ORDERS DUE TO PRESENTATION ASSEMBLY	Jodie Martin-Bromley	THANK YOU for supporting our canteen... It wouldn't exist without you!
Michelle Nicholls		Nat Pulsford (tbc)	
Jules McDougall	Peta Forder - From 11am	Brooke De Iuliis	
Lou White	* HELP NEEDED from 11am *	** HELP NEEDED **	

FRIDAY 9TH DEC - Open at lunchtime ONLY for snacks, drinks and iceblocks service
NO LUNCH ORDERS DUE TO PRESENTATION ASSEMBLY

Please contact Dee Darney on 0434 000 965 if you are able to fill any of the above spots.

Children and bullying

Everyone has a right to feel safe

Ginny, aged 12 years, did not want to go to school. She felt sick in the stomach. Ginny's Dad thought she should go to school, but Dad did not know what had been happening.

Crystal and her group had been spreading rumours about Ginny. Ginny had seen them looking at her and whispering to others when she walked past. Now no one wanted her to sit at the same table with them in class. Even if she tried to act friendly towards them, they were mean to her. One of them had written 'weirdo' on her school bag. Ginny's older sister said to ignore them, but that didn't seem to work. They just got meaner and tried harder to upset her.

Ginny did not know what to do. She worried that if she told the teacher or her parents it would make things even worse.

What is bullying?

Bullying involves deliberately and repeatedly attempting to hurt, scare or exclude someone. It can include hitting, pushing, name calling, or taking someone's belongings.

Bullying can also be more indirect, for example, deliberately leaving someone out of games, spreading rumours about them, or sending them nasty messages. Cyber-bullying involves using mobile phones and the internet to bully others. The main purpose of the bullying is to have power over someone else.

Bullying is a mental health concern because it causes distress and can lead to loneliness, anxiety and depression. Bullying can also affect children's concentration and lower their achievement at school. When children have been bullied they may:

- not want to go to school
- be unusually quiet or secretive
- not have friends
- seem over-sensitive or weepy
- have angry outbursts.

You may notice that their property has been damaged or is missing.

Responding to bullying

It is very important to let children know that bullying is not okay and that they should report it when it does occur. Schools set standards for appropriate behaviour and safety. They also have guidelines for reporting and responding to bullying when it occurs.

The consequences for bullying should address what has happened and help to ensure it will not happen again. It is very important for the bully to understand how his or her behaviour has affected the other person and to be clear not to repeat that behaviour.

To help prevent bullying, children can be taught how to be respectful and caring towards others. Children who bully may appear confident but often lack skills for building positive friendships.

Learning to be more assertive can help those who are bullied to stand up for themselves. Learning the skills of assertiveness can also help those who bully find ways to communicate their wants, needs and opinions without becoming aggressive.

Both those who are bullied, and those who do the bullying, will benefit from learning effective social and emotional skills.



How parents and carers can help

If your child is being bullied:

- listen and provide support to your child
- try to understand what has been happening, how often and how long
- encourage social skills, like being assertive, to tell the bully to stop and to seek help
- support your child to think through different ways they could deal with the problem
- talk with your child's teacher and ask for help
- keep talking with the school until your child feels safe.

If your child tells you about bullying he has seen or heard at school:

- encourage your child to stand up for the child who is being bullied
- encourage your child to report what he or she has seen or heard to school staff.

If your child is doing the bullying:

- make sure your child knows the bullying behaviour is inappropriate and why
- try to understand the reasons why your child has behaved in this way and look for ways to address problems
- encourage perspective-taking (eg "How would you feel if...")
- help your child think of alternative paths of action.

To help prevent cyber-bullying:

- supervise children's use of electronic devices.
- teach children about ways of keeping safe when using the internet and mobile phones.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au



Australian Government
Department of Health and Ageing



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Australia
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TERRIFIC TALES
Holiday Workshop

Art - Drama - Musical Theatre

Grow your child's creative mind these holidays through fine art, role play, characters, story-telling, script writing, and song.

Age Group: 4 - 7 yrs & 8 - 12 yrs
Dates: Mon 16 - Thurs 19 Jan 2017
Time: 9am - 3pm.
Extended care: 8am to 5pm at no extra cost.
Where: Hive Creative Studios, 8 Frederick St, Charlestown
Bookings: Call 1300 03 03 79 or book online

*not to be used in conjunction with any other offer/discount

www.hivekids.com.au 1300 03 03 79



Young People's Theatre
 Newcastle Inc's
 Production of
Disney Winnie the Pooh KIDS

20 Nov - 10 Dec 2016

Tickets available at ypt.org.au



\$5 IS DONATED BACK TO YOUR SCHOOL
 FROM EVERY PAIR OF SHOES PURCHASED

The Athlete's Foot
 SCHOOL REWARDS PROGRAM

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KOTARA [02] 4956 2477	MAITLAND [02] 4933 1288

theathletesfoot.com.au

VoicePlus Music Camp 10 - 12 January 2017

Do you have a creative child who loves to sing?

Have a blast with like-minded kids in Sing Off's, Play Offs, Open Mic sessions with Specialist Tutors

Dance, Art & Science Fun 'n Games,

Improve your Voice, Performance Skills and Confidence and get a buzz out of filming your final performance on the last day

"Our kids had a fantastic time, in fact, they said they didn't want to come home and could it please be a whole week next time!"

SAVE \$35.00!

Early Bird applies until 20th December

BONUS FREE extended hours 8.30-5.00pm
NUMBERS LIMITED

TO REGISTER email us: admin@julieloganmusic.com.au

Questions? Please email or call: m. 0414 848 741
 p. 02 4963 2026



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6-12 YEARS

HAMILTON PS

**VOICE AND DANCE
 ART AND SCIENCE
 EXPERT TUTORS
 EXTENDED HOURS**

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 0414 848 741 BE QUICK FOR EARLY BIRD RATES

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Sell your property with Teresa Heighington of Ray White Newcastle and we will donate \$200 to your school.

Teresa specialises in property in the Newcastle & Lake Macquarie Region.

Mobile—0438 637 513

Email—teresa.heighington@raywhite.com

Ray White.



HERITAGE MEAT CO.



P: 4920 9017 E: heritagemeatco@gmail.com

A: 8 Glebe Street Kahibah NSW 2290

School Banking Rewards Program

Some great 2016 & 2015 rewards are still available!



Outback Pat Bag Tag



Wriggly Glow Worm



Bush Fly Fan



Intergalactic Rocket



Outer Space Savers Money Box



ET DVD

All reward items are only available while stocks last

Name: _____

Class: _____

Student ID: _____

I would like to redeem 10 tokens for a:

- ☐ Outback Pat Bag Tag
- ☐ Wriggly Glow Worm
- ☐ Bush Fly Fan
- ☐ Intergalactic Rocket
- ☐ Outer Space Savers Money Box
- ☐ ET DVD



Trolls – The Movie

Come along to a family-friendly event to support the amazing work the DANII Foundation do; amongst other things they are providing 2-week trials of safe and proven technology (CGM) to Type 1 Diabetics.

Where: Metro Cinemas Lake Haven

When: Sunday 4th December 2016

Time: 11am – 3pm

Cost: \$20 per adult, \$15 per child

\$60 family (2a/2c)

To purchase your tickets follow the link:

https://dbt-euzlr.formstack.com/forms/danii_foundation_family_movie_day_2016

There will be market stalls, face painting, CupCakes, raffles and gift bags!!

For more information contact Catherine on 0412 239 298
or Debbie on 0417 678 800



It is estimated that "Dead in Bed Syndrome" accounts for between 4.7 and 27.3% of deaths to Type 1 Diabetics

Help us develop

Lake Mac Walks



We would like your help to identify important linkages to improve walking opportunities in our City

Getting connections right is an important step in increasing access to open space and other key services by walking. We need your help mapping existing connections. While you're there, tell us where you'd like to see a new walking link.

Get involved!

Map your walk online at

haveyoursaylakemac.com.au/lake-mac-walks

Your suggestions will help us prepare the City's Active Connection Network.

For more information visit

haveyoursaylakemac.com.au/lake-mac-walks

4921 0333

